



MONTANA STATE PRISON HEALTH SERVICES OPERATIONAL PROCEDURE

Procedure No.: MSP HS F-01.0	Subject: HEALTHY LIFESTYLE PROMOTION
Reference: NCCHC Standard P-F-01, 2014	Page 1 of 1 and no attachments
Effective Date: November 1, 2010	Revised: June 1, 2017
Signature / Title: /s/ Cindy Hiner / Health Services Manager	
Signature / Title: /s/ Tristan Kohut, D.O./ Medical Director	

I. PURPOSE

To offer health education and training to all inmates through classes, audio and video tapes, one-on-one instructions, brochures, and pamphlets on a wide variety of health related topics including information and services that promote health status, prevent disease, provide early detection and treatment of disease, and teach self-care.

II. DEFINITIONS

Health Education – information on preventing disease and maintaining a healthy lifestyle.

Self-Care – care for a condition that can be treated by the inmate and may include over-the-counter medication.

III. PROCEDURES

A. General requirements

1. Health care staff, program staff, custody staff, and volunteers provide education and counseling to inmates concerning general health maintenance and self-care throughout their term of incarceration.
2. As necessary, health care staff may offer individual and group programs designed to improve the health status of inmates on a case-by-case basis.
3. Health care staff will provide inmates with chronic diseases information that is designed to increase their ability to monitor and manage their health status.
4. Health care staff will consult with the MSP Dietician, recreation staff, substance abuse program staff, and others to provide opportunities for inmates to enhance their knowledge of health and healthy lifestyles.
5. At the end of an inmate's admission health assessment the health care staff member conducting the assessment will inform the inmate of the recommended schedule for preventive health care exams.
6. Health care staff will keep and update bulletin boards with general health related information and relevant topics in both the high and low side waiting areas of the infirmary clinic. Bulletin boards will also be kept and maintained in the common areas of the high and low side units.
7. Health care staff will document health education and instruction in self-care for appropriate health conditions in the patient's health record.

IV. CLOSING

Questions concerning this operational procedure will be directed to the Health Services Manager.

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V. Attachments None